

Spinach, Tomatoes, and Corn

Makes: 5 servings

Ingredients

- 1 3/4 cups** canned spinach (15.5 ounces, unsalted)
- 1 can** canned diced tomatoes (15.5 ounces, unsalted)
- 1 can** canned corn (15.2 ounces, drained)
- 3 cups** water
- 1 tablespoon** margarine

Directions

1. Place all ingredients in a saucepan. Cover.
2. Heat thoroughly, about 10 minutes. Add seasonings to taste.

Source: USDA Food and Nutrition Service, Creative RecipesFor L Household Programs

Nutrition Information	
Nutrients	Amount
Calories	N/A
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Total Fat	N/A
Saturated Fat	N/A
Cholesterol	0 mg
Sodium	N/A
Total Carbohydrate	23 g
Dietary Fiber	5 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	5 g
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Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	